

ADMINISTRATION ON AGING

Evidence-Based Disease Prevention - Nutrition

Organization: Alamo Area Council of Governments, San Antonio, TX


Project Title: Evidence-Based Prevention Program for Bexar County: Nutrition

Project Period: 9/30/2003 TO 09/29/2006

FY 2003 Award Amount: \$200,000

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Model:

This program is based upon research published in the February 7, 2002 New England Journal of Medicine and conducted by the Diabetes Prevention Research Group, the first large American study to show that diet and exercise could effectively delay the onset of diabetes in a group of overweight adults already showing glucose intolerance. These lifestyle changes included a low-fat diet, 30 minutes of moderate physical activity on most days of the week, and a weight loss of 7%. The physical activity portion of the intervention uses the OASIS HealthStages program. 

Project's Overall Design:

The goal of this project is to prevent or delay the onset of Type 2 diabetes among Hispanic elders, or to mitigate its severity through a culturally sensitive nutritional program. The program combines low fat/low glycemic meals and nutrition education with health screening/monitoring and a physical activity program. Physical activity promotion (Exerstart) will be provided based on a health education program developed by OASIS's HealthStages program. The intervention will take place in a community-based setting through an Older Americans Act (OAA) program.

This proposal includes activities such as:

- Use of peer educators
- Providing incentives
- Access to transportation
- Family Kitchen sessions featuring Tex-Mex favorites modified to address diabetes reduction

Partnerships:

- Bexar Area Agency on Aging (AAA)
- City of San Antonio Department of Community Initiatives (Title III-C Nutrition Centers) will oversee the nutrition portion of the program.
- The Texas Diabetes Institute will conduct health screenings, consultations to participants, make referrals to health care professionals, and provide a dietician and diabetic educator to train staff.
- Our Lady of the Lake University is the research partner and is responsible for project evaluation.
- OASIS will provide physical activity at participating centers 3 times per week, in addition to education on physical activity, diet, and health self-management.
- The San Antonio Restaurant Association will provide the Family Kitchen sessions.

Target Population:

The target population is low-income Hispanic elders who participate in the Title III nutrition program. Three centers are targeted in the first year, three additional in the second year, and two more in the third year for a total of 930 seniors served.

Anticipated Outcomes:

- A 7% weight loss and at least 150 minutes of physical activity per week during the first year of the program
- Maintenance of these changes (weight loss and physical activity) for 3 years.
- A replicable model of community-based diabetes risk reduction through an OAA supported Nutrition program.
- San Antonio Senior Diabetes Cookbook
- Dissemination at local, state and national levels -- through web, TV documentary, organizational channels and national conferences.